



THE FRANKLIN Connection

Franklin Senior Center's Monthly Newsletter

February 2022

The Franklin Senior Center

10 DANIEL MCCAILL ST.
FRANKLIN, MA 02038
PHONE: 508-520-4945
FAX: 508-520-4917

OPEN MON-FRI
8:30am- 4:00pm

<http://www.franklinma.gov/>

**BEN'S BOUNTY
GIFT SHOP
10AM-1PM**

Open Mon-Thurs



Common
Grounds

Café



**CLOSED UNTIL
FURTHER
NOTICE**



New leadership team hired at Senior Center

Beginning January 10th, the Franklin Senior Center will see some new faces!

The Town has hired **Danielle Hopkins as the new Director** for the Franklin Senior Center replacing the recently departed Director Erin Rogers. Danielle is coming to Franklin from Atria Senior Living in Hopedale as the Memory Care Unit Director where she coordinated the daily responsibilities of the unit, including activities, events, meal delivery, and crisis management. She has also served as the Chair of the South Worcester County Alzheimer's Partnership for the last four years. Prior to that, she worked as a Music Therapist for numerous for-profit and nonprofit organizations. She has a passion for programs and services that assist the growing challenges the community faces with neurological decline in elders.

Danielle is a 2006 graduate of Franklin High School and is an active member of the Franklin community. She was a swim team member and is now Assistant Coach of the Hockomock Area YMCA (HAY) Forge Park location for almost 12 years. A recent profile of Danielle on the YMCA website states: "Coach Danielle brings to the HAY lightning swim team a sense of infectious enthusiasm...She brings high quality workouts, which engage and push swimmers to our program and we are lucky to have her."

She holds a Bachelor's Degree in Music Therapy from Elizabethtown College in Pennsylvania where she was also a member of the collegiate swim team. She is also a certified Dementia Practitioner.

The Town has also hired **Christina LaRose as the Deputy Director** of the Franklin Senior Center. Christina arrives in Franklin by way of the Foxborough Senior Center/Council on Aging. Christina has worked at the Foxborough Center for the past three years as a Community Services Social Worker and Transportation Coordinator. She helped coordinate the fleet of vans for senior services in Foxborough and hopes to bring that experience to Franklin in the hopes of reestablishing trips and events for seniors in the future. Prior to Foxborough, Christina worked for various social service organizations, including HESSCO Elder Services, South Shore Mental Health Crisis Team Clinician and South East rehab, as well as serving as a part-time activities coordinator at the Medfield Council on Aging.

Christina has both a Bachelor's Degree and a Master's Degree in Social Work from Bridgewater State University. She obtained her clinical license in social work in 2017. She is currently working on her Independent Clinical Social Worker license. She also has certifications in CPR/First Aid, ServSafe, Mental Health First Aid and dementia friendly training.

Please stop by and introduce yourself to Danielle and Christina!



NOTE: The Senior Center will be closed on Monday February 21, 2022

Daily Activities

MONDAY

9:00 AM

HAIRDRESSER/ BARBER
\$8 MEN/\$10 WOMEN

9:30 AM

ITALIAN CONVERSATION GROUP

10:30 AM

POKER

1:00 PM

CHAIR VOLLEYBALL

BOOK DISCUSSION
(1ST MONDAY)

AMERICAN MAH JONG

1:15 PM

MOVIE MATINEE

6:00 PM

CRIBBAGE

TUESDAY

9:00 AM

CRIBBAGE

9:30 AM

LOW IMPACT W/
SHIRLEY MAE \$3

BUSY BEES

10:00 AM

CHAIR EXERCISE W/
JUDITH (VIA ZOOM)

HAND & FOOT

MANICURES \$10
-EVERY OTHER WEEK
BY APPT.

COA MEETING
(2ND TUES)

SENIOR PLAYERS
(BEGINS 1/11/22)

11:00 AM

CARDIO, STRENGTH,
& BALANCE \$3
(HYBRID)

12:30 PM

LEGAL CLINIC
(3RD TUES)

1:00 PM

BINGO

MINDFUL
MOVEMENTS \$3
(HYBRID)

QUILTING

CRIBBAGE
INSTRUCTION

AUDIO BOOK CLUB /
LOW VISION SUPPORT
(VIA PHONE)

CHESS (1ST & 3RD
TUESDAY)

WEDNESDAY

8:30 AM

BLOOD PRESSURE
& SUGAR TESTING

9:00 AM

WALKING GROUP

9:30 AM

SHINE
(By Appt only)

9:45 AM

CHAIR YOGA \$3

10:00 AM

KNITTING
SCRABBLE
ASIAN MAH JONG

VETERANS COFFEE
SOCIAL (1st Wed)

11:00AM

POUND FITNESS
\$3 (HYBRID)

1:00 PM

LINE DANCING \$2

CHAIR VOLLEYBALL

SENIOR SCRIBBLERS
(HYBRID)

HAIRDRESSER
\$8 mens/ \$10
women

FIBROMYALGIA
SUPPORT
(1st Wed)

BRIDGE
PITCH

4:00 PM ALZHEIMER'S
CAREGIVERS SUPPORT
(2ND & 4TH WED)

THURSDAY

8:30 AM

BLOOD PRESSURE &
SUGAR TESTING

SENIOR COFFEE
HOUR W/ STATE &
LOCAL OFFICIALS
(3RD THURS)

9:00 AM

CRIBBAGE

9:30 AM

BUSY BEES

LOW IMPACT W/
SHIRLEY MAE \$3

10:00 AM

VIRTUAL CHAIR W/
JUDITH (VIA ZOOM)

DISCUSSION GROUP
(HYBRID)

11:00 AM

CARDIO, STRENGTH,
& BALANCE \$3
(HYBRID)

12:00 PM

POKER

12:30 PM

OPEN ART STUDIO

1:00 PM

BINGO

TAI CHI \$3

FRIDAY

8:30 AM

PODIATRY CLINIC
(MONTHLY; CALL
FOR DATE)

10:00 AM

WOODCARVING

HAND & FOOT

11:00 AM

ZUMBA GOLD
\$3 (HYBRID)

12:00 PM

T.O.P.S
TAKING OFF
POUNDS SENSIBLY

1:00 PM

POKENO

POOL INSTRUCTION

2:00 PM

SILVERTONES
CHORAL GROUP

REMINDER:

All entrants are now required to show proof of full vaccination against COVID-19 or wear a mask while not consuming food or beverages.

"Hybrid" events are in-person, but also available via Zoom. Please call the center for the link to join!

Judith will be away Dec. 21– Dec. 31 and will teach her cardio class virtually. To join, email: judivperez@gmail.com

TOURS OF THE
SENIOR CENTER
ARE AVAILABLE
ON TUESDAYS &
THURSDAYS:
9 AM TO 12 PM.



February Events

FEBRUARY IS HEART MONTH!

Please join nurse Trish and learn about the prevention of a stroke, types of strokes, care during a stroke and your options of recovery after having a Stroke. Thursday February 17 at 1pm.

“Education is Power”



MEMORY CAFE

WEDNESDAY, FEBRUARY 16 AT 1:00 PM

See page 4 for details.

THE SENIOR PLAYERS

TUESDAYS AT 10:00 AM

Be an actor on stage, or be behind the scenes making the action come to life. Come play with the Senior Players at 10:00 AM on Tuesdays starting **January 11, 2022**. For questions, email info@jeanettescales.com

Monday Matinee

Free Movies & Popcorn at 1:15 PM

Feb 7: THE LUCKY ONE (PG-13) US Marine Sergeant Logan Thibault returns from his third tour of duty in Iraq, with the one thing he credits with keeping him alive—a photograph of a woman he doesn't even know.

Feb 14: VALENTINE'S DAY (PG-13) An all-star cast comes together in “Valentine's Day”, which follows the intertwining storylines of a diverse group of Los

Angelenos as they navigate their way through romance.

Feb 21: THE WEDDING SINGER (PG-13) A man with a miserable love life travels from wedding to wedding singing romantic songs to happy newlyweds while dreaming of hitting it big as a rock star.

Feb 28: THE TIME TRAVELER'S WIFE (PG-13) A time traveler keeps moving in and out of the life of his true love.



Come kick back and enjoy **the show!**

CRIBBAGE PLAYERS WANTED



Learn to play—Tuesday's at 1pm.
Already know how to play? Come
Monday night's at 6pm for some

**Ben's Bounty Store
is accepting
donations!!**

Caregivers Corner



THE SUNSHINE CLUB has openings! Sunshine offers seniors with memory loss, chronic medical issues or social isolation a safe and engaging environment. Our day program provides individual attentions, socializations, fun activities, lively discussions and gentle exercises that make for a stimulating day.

For more information, call Ariel Doggett or Donna Haynes at 508-520-4945.

COMPANION CARE The Companion Care Program provides regularly scheduled, in-home respite for caregivers. If you are a caregiver and would like to know more about this program, please call Ariel Doggett, or email adoggett@franklinma.gov.

MEMORY CAFE Memory Cafes are a comfortable, safe space that allows people experiencing memory loss and a loved one to connect, socialize, and meet new friends. Join us at our "Where's The Toast" Memory Café in-person on **Wednesday, February 16** at 1:00 PM. Steve McGovern will be entertaining us with songs we all know and love. To attend, RSVP to Ariel at 508-520-4945 or adoggett@franklinma.gov.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP Supports caregivers caring for loved ones with Alzheimer's or dementia. On-site respite care is available if needed. To join, email Elaine Owens at: elaine.owens@verizon.net, or call the Center for more information. The group will meet:

Low Vision & Hearing Support

AUDIO BOOK CLUB:

The Audio Book Club meets via conference call by calling 508-206-8603. Participants are welcome to join using their favorite book format (book, audio, Kindle, etc.) All are welcome! This month the group will meet:

Tuesday, February 15th and 22nd at 1:00 PM. Group discussion of the current book: ***The Personal Librarian***, by Heather Terrell and Victoria Christopher Murray.

LOW VISION SUPPORT GROUP:

Tuesday, February 1st at 1:00 PM: Audio reading of the FSC newsletter. Call at 508-206-8603.

Tuesday, February 8th at 1:00 PM: Guest speaker from the Massachusetts Association for the Blind and Visually Impaired.

HEARING SUPPORT GROUP:

Wednesday, February 23rd at 1:00 PM, Guest speaker will be Jonathan O'Dell, Director of Communication, Training and Technology Services at the Massachusetts Commission for the Deaf and Hard of Hearing. (Please note this meeting date is a change from our usual 2nd Wednesday date.)

Announcements

Common Grounds Cafe Update

The Center deeply regrets that the Common Grounds Cafe will be closed until further notice. Due to staffing shortages, COVID-19 cases and some minor building renovations (which have all been affected by the labor shortage), the Cafe will remain closed for at least the months of January and February.

We deeply apologize for this inconvenience. However, the new staff and Town Administration will be working throughout 2022 to improve operations at the Cafe and believe this temporary break will result in a better and more robust experience when it reopens.

The Center would like to note the Cafe will still be offering hot coffee daily for free and anyone is welcome to stop by and BYOF (bring your own food) if folks still want to gather and socialize with friends.

If anything changes to this schedule of events, the Town will make a phone call to all seniors alerting them of any changes. We greatly appreciate your patience!

WEATHER CANCELCATION ROBOCALL please call the center if you want to be notified of weather-related closings.

Thank You!

David & Eileen Altobelli for their generous donation.

Mary Chouinard for her generous donation

Gloria Rollinson in Memory of Dora Saccetina

Marie Dalo in memory of Dora Saccetina

Fran & Joe Bertone in memory of Joe & Ann Bertone: Primo & Jennie Dibaggis

Jim Hosford in memory of Sandra Hosford:
Judy McGrath

The Family of the late Wanda Ippoliti for their generous donation to Ben's Bounty.

TOPS for their generous donation

Beverly Theriault for her generous donation

Irene Allison for her generous donation



Feeling lonely at home? Interested in learning more about voice-activated technology to use in your home? You may be eligible to receive **a free Alexa device!**

Alexa is a voice-activated virtual assistant that works through a smart speaker and can help you with daily tasks, connect with the world and be a virtual companion. The Alexa Program is supported through a generous grant from the Metrowest Health Foundation. Eligible seniors will receive a device, set-up assistance and instruction! At a time when many are staying home, the Alexa program goal is to make being home less lonely. Call Maggie at 508-520-4945 for more information.

**METROWEST
HEALTH
FOUNDATION**

Friends of Franklin Elders, INC.

The Friends of Franklin Elders, Inc. (FOFE) is a private, non-profit organization whose purpose is to provide funds for programs, services, and equipment for the Franklin Senior Center that cannot be provided by state or local government. The Friends raise funds through membership fees, donations, and special events. Our next meetings are scheduled for **Friday, Dec. 17 at 9:30 a.m. & Friday, Jan. 28 at 9:30 a.m.** The public is welcome to attend.

JoAnn Wright, President
Nan Rafter, Vice President
Julie Garilli, Treasurer
Margie Lane, Secretary

Carol Ellsworth, Judy Pfeffer, Marge Capezza, Helen Power,
Paula Lombardi, Pam Spicer



Veterans' Services Office (508) 613-1315

February 2 - Monthly Coffee Social - 10:00 a.m. at the Senior Center. All veterans are welcome to join us for coffee and conversation!

February 4 – is the official birthday of the organization known as United Service Organizations or USO. The USO has been a fixture in military life for more than seven decades. Founded in 1941, the agency is a private, not-for-profit organization that serves men and women in the U.S. military and their families throughout their time in the service.

February 17 – Veterans' Council Meeting - 7:00 p.m. at the Senior Center. All members of the community are invited!

February 19 – Coast Guard Reserve's 83 rd Birthday

The Tune It Out guitar lessons program for veterans meets on Tuesdays at 5:30 p.m. at the Senior Center. There is no charge for lessons and no guitar experience is required. Call the Veterans' Services office for details.

The next engraved brick installation on the Veterans Memorial Walkway is scheduled to coincide with Memorial Day. Brick orders are now being accepted for the May installation. Order forms are available in the Town Hall and Senior Center lobbies as well as on the Veterans' Services page on the Town web site.

For information about COVID-19 booster appointments and clinics in the Boston VA Healthcare System, go to: <https://www.va.gov/boston-health-care/>

F.O.F.E. MEMORIAL DONATION

Your Name

Address

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The Friends of Franklin

Elders are looking for new
members. If you would be
interested in serving on the
Friends Board, please call
the Senior Center at (508)
520-4945.



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NEWSLETTER ADVER- TISING

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and continuing support of ar-
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10 month "The Connection"
newsletter. If you aren't al-
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team and would like your ad-
vertising message to reach
3,000 seniors, please contact
Pam Spicer at
rhspc@comcast.net for more
information.

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FRANKLIN

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"Having used Warren to sell 8 houses, I can't say enough about his professionalism. He is extremely responsive and works hard to follow the sale to the end. You won't be disappointed." PW

See reviews, Warren's recent sales and learn more at 02038.com.
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FRANKLIN COUNCIL ON AGING

Officers:

Chairman.....Bob Crowley
Vice-Chairman..... Ron Higginbottom
Secretary.....Lyn O'Brien

Members:

Faith Flaherty, Mary Hick, Jan Jewett, Janet
Milici, Ken Norman, Lester Quan

Friends of Franklin Elders, Inc.
c/o Franklin Council on Aging
10 Daniel McCahill Street
Franklin, MA 02038

Pre-Sorted
Standard
Franklin, MA
Permit No. 13

Franklin Senior Center

"Independence, Engagement & Connection!"

The Franklin Council on Aging meets on the second Tuesday of the month at 10 :00 a.m. This is an open meeting; the public is invited to attend.

The mission of the Franklin Council on Aging is to enhance the independence and quality of life for Franklin older adults by:

- ◆ *Identifying the needs of this population and creating programs that meet those needs.*
- ◆ *Offering the knowledge, tools and opportunities to promote mental, social and physical well-being.*
- ◆ *Advocating for relevant programs and services in our community.*
- ◆ *Serving as a community focal point for aging issues and as liaison to local, state and Federal resources for older adults and their families.*

The Franklin Connection is distributed with funds provided by the Executive Office of Elder Affairs, and the Friends of Franklin Elders, Inc.

COA NEWS

Five-Year Strategic Plan

Given the recent staff changes, the new leadership team at the Center and the Town Administrator will be working with the Franklin Council on Aging and Friends of the Franklin Elders on a five year strategic plan for the Senior Center. The Town has never done a strategic plan for the Center. Now is the time!

The new staff will be leading a series of citizen surveys and listening sessions for seniors and citizens in town to offer feedback about what they would like to see at the Center. This will be your opportunity to offer comments about the activities, programs and ideas that you like and also offer feedback on what could be improved or what is not working.

The Center hopes to begin this process later this winter, so please check back to the newsletter or stop by the Center to inquire. The Center is extremely excited to hear everyone's feedback.